

January 2 – March 31, 2019

Aquatics Exercise Class Schedule

Pool Hours: Monday-Thursday 7:00am-7:30pm, Friday 7:00am-6:30pm & Saturday 7:00am-12:30pm.

****Pool will be open on Sundays as of November 1st-March 31st 12:00pm-3:30pm**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:05-7:55am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	
8:00-8:40am	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics	Aqua Fitness (8:00-8:50am)
10:00-10:50am	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Arthritis Aquatics (10:00-10:40am)
11:00-11:40am	Arthritis Aquatics		Arthritis Aquatics		Arthritis Aquatics	
2:00-2:40pm	Aqua Flow	Aqua Fitness	Aqua Flow	Aqua Fitness	Aqua Flow	
3:30-4:10pm		Arthritis Aquatics		Arthritis Aquatics		
4:30-5:00pm	Aqua Jog	Aqua Core	Aqua Jog	Aqua Core	Aqua Jog	
5:10-6:00pm	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	

Hours not listed on schedule are **Open Exercise Hours for members to come in and exercise on their own. It's a great time to walk, aqua jog, or sit by our whirlpool jets. Instructors are always present for participant safety.

REMEMBER—you **MUST** take a shower before entering the pool or refrain from use if you have open sores, blisters, or rashes. THANK YOU!!

Aqua Class Descriptions:

- **Aqua Core**- this 30 minute water class focuses on strengthening and toning the core muscles. The focus will be on the abdominals and lower back working in deep and shallow water. What a great way to work on your core without the stress and high impact on your body and joints. All levels welcome!
- **Aqua Fitness**- We crank up the burners for this 50 minute class! A fast-paced class that will get your heart pumpin' and your hair wet! Come join the fun!
- **Aqua Jog**- a modified, non-impact form of running done in place in deep water wearing a flotation belt (no swimming is involved). It entails simulating running motions with your arms and legs using the water as resistance to add challenge to the workout. The class will mimic land running and will include, interval training, hill pacing, and speed work.
- **Aqua Flow**- A low intensity class that focuses on breath control, balance, and body awareness. If you are seeking a gentle class to challenge your body and focus on your mind, this one is for you. No equipment needed.
- **Arthritis Aquatics**- This class is designed to maintain normal joint movement, restore flexibility, and reduce pain associated with all forms of arthritis. This class is held in our 92 degree therapy pool which aids in relieving of muscle tension and soreness. Class duration is 40 minutes and no equipment is needed.